

**WHAT IS CLAIMED IS:**

1. A method of ameliorating a symptom of multiple sclerosis in a subject, the method comprising:

5 administering to the subject an agonist of an interleukin-21 (IL-21)/IL-21 receptor (IL-21R), in an amount sufficient to ameliorate a symptom of multiple sclerosis, wherein said agonist is selected from the group consisting of an IL-21 polypeptide, an agonistic anti-IL21R antibody and an antigen-binding fragment of an agonistic anti-IL21R antibody.

10 2. The method of claim 1, wherein the agonist is an IL-21 polypeptide that comprises a sequence at least 90% identical to the amino acid sequence of SEQ ID NO:2 and is capable of binding to an IL-21R.

15 3. The method of claim 1, wherein the agonist is an IL-21 polypeptide that comprises a sequence at least 95% identical to the amino acid sequence of SEQ ID NO:2 and is capable of binding to an IL-21R.

4. The method of claim 1, wherein the agonist is an IL-21 polypeptide that comprises the amino acid sequence of SEQ ID NO:2.

20 5. The method of claim 1, wherein the agonist is an agonistic anti-IL21R antibody or an antigen-binding fragment thereof.

25 6. The method of claim 5, wherein the agonistic anti-IL21R antibody is a human antibody.

7. The method of claim 1, further comprising administering to the subject at least one anti-inflammatory agent.

8. The method of claim 7, wherein the anti-inflammatory agent is selected from the group consisting of IFN  $\beta$  -1 $\alpha$ , IFN $\beta$  -1 $\beta$ , TNF antagonists, IL-12 antagonists, IL-23 antagonists, methotrexate, leflunomide, sirolimus (rapamycin), and CCI-779.

5           9. The method of claim 1, wherein the subject is a mammal.

10           10. The method of claim 1, wherein the IL-21/IL-21R agonist is administered in the form of a single dose.

10           11. The method of claim 1, wherein the IL-21/IL-21R agonist is administered as a series of doses separated by intervals of days, weeks or months.

15           12. The method of claim 1, wherein the IL-21/IL-21R agonist is administered by injection.

15           13. The method of claim 12, wherein the IL-21/IL-21R agonist is injected into the central nervous system.

20           14. The method of claim 12, wherein the IL-21/IL-21R agonist is injected intrathetically or intravenously.

            15. The method of claim 12, wherein the IL-21/IL-21R agonist is injected into the lumbar cerebrospinal fluid.

25           16. The method of 1, further comprising evaluating a subject for risk of multiple sclerosis by evaluating an IL-10 parameter of the subject.

            17. The method of 1, further comprising, prior to the administering, evaluating an IL-10 parameter of the subject.

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18. The method of 17, further comprising, after to the administering, evaluating an IL-10 parameter of the subject, wherein an increase in the IL-10 parameter indicates a therapeutic effect.

5           19. The method of 1, further comprising, after to the administering, evaluating an IL-10 parameter of the subject.

20. A pharmaceutical composition comprising an IL-21/IL-21R agonist and an anti-inflammatory agent, wherein said IL-21/IL-21R agonist is selected from the group consisting of  
10   an IL-21 polypeptide, an agonistic anti-IL21R antibody and an antigen-binding fragment of an agonistic anti-IL21R antibody.

21. The pharmaceutical composition of claim 20, wherein the IL-21 polypeptide has a sequence at least 90% identical to the amino acid sequence of SEQ ID NO:2 and is capable of  
15   binding to an IL-21R.

22. The pharmaceutical composition of claim 20, wherein the IL-21 polypeptide has a sequence at least 95% identical to the amino acid sequence of SEQ ID NO:2 and is capable of  
20   binding to an IL-21R.

23. The pharmaceutical composition of claim 20, wherein said IL-21/IL-21R agonist comprises the amino acid sequence of SEQ ID NO:2.

24. The pharmaceutical composition of claim 20, wherein the anti-inflammatory agent is  
25   selected from the group consisting of IFN  $\beta$  -1 $\alpha$ , IFN $\beta$  -1 $\beta$ , TNF antagonists, IL-12 antagonists, IL-23 antagonists, methotrexate, leflunomide, sirolimus (rapamycin), and CCI-779.

25. The pharmaceutical composition of claim 20, wherein the agonist is an agonistic anti-IL21R antibody or an antigen-binding fragment thereof.

26. The pharmaceutical composition of claim 25, wherein the agonistic anti-IL21R antibody is a human antibody.

27. A pharmaceutical composition comprising an IL-21/IL-21R agonist and a protein that  
5 simulates myelin basic protein, wherein said IL-21/IL-21R agonist is selected from the group  
consisting of an IL-21 polypeptide, an agonistic anti-IL21R antibody and an antigen-binding  
fragment of an agonistic anti-IL21R antibody.

28. The pharmaceutical composition of claim 27 wherein the IL-21/IL-21R agonist is a  
10 protein that comprises an IL-21 polypeptide, and the protein that simulates myelin basic protein  
comprises glatiramer acetate.

29. A method of ameliorating multiple sclerosis in a mammalian subject, the method  
comprising:  
15 administering to the subject an interleukin-21 (IL-21) polypeptide in an amount sufficient  
to ameliorate multiple sclerosis, or at least one symptom of multiple sclerosis in the subject.

30. The method of claim 29 wherein the subject is human, and the IL-21 polypeptide is a  
human IL-21 polypeptide.

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31. The method of claim 30 wherein the IL-21 polypeptide comprises SEQ ID NO:2.

32. The method of claim 30 wherein the IL-21 polypeptide is recombinantly produced.

25 33. The method of claim 30 wherein the IL-21 polypeptide is recombinantly produced in  
a bacterial cell.

34. A method of modulating an IL-10 deficiency, or a disorder associated with an IL-10  
deficiency in a mammalian subject, the method comprising:

30 administering to the subject an interleukin-21 (IL-21) polypeptide in an amount sufficient  
to increase IL-10 expression or activity in the subject.

35. A method of treating or preventing an immunological disorder in a mammalian subject, the method comprising:

evaluating an IL-10 parameter in a mammalian subject; and

5 administering, to the subject, an interleukin-21 (IL-21) polypeptide in an amount that is dependent on results of the evaluated IL-10 parameter.

36. The method of claim 35 wherein the IL-10 parameter comprises quantitative information about levels of IL-10 protein or IL-10 mRNA.

10 37. The method of claim 35 wherein the IL-10 parameter comprises quantitative information about levels of IL-10 protein activity.

15 38. The method of claim 35 wherein the immunological disorder is a neurological disorder.

39. The method of claim 38 wherein the subject is human and the immunological disorder is multiple sclerosis.

20 40. The method of claim 38 wherein the immunological disorder causes damage or alteration to myelin sheaths.

41. A method of evaluating treatment of multiple sclerosis in a mammalian subject, the method comprising:

25 administering, to the subject, an agonist of an interleukin-21 (IL-21)/IL-21 receptor (IL-21R); and

evaluating an IL-10 parameter in the subject.

42. The method of claim 41 further comprising administering to the subject a second dose of the agonist, wherein the second dose is administered as a function of the evaluated IL-10 parameter.

5           43. The method of claim 41 wherein the agonist is selected from the group consisting of an IL-21 polypeptide, an agonistic anti-IL21R antibody and an antigen-binding fragment of an agonistic anti-IL21R antibody.

10           44. The method of claim 43 wherein the agonist is an IL-21 polypeptide.

          45. The method of claim 44 wherein the subject is human, and the IL-21 polypeptide is a human IL-21 polypeptide.

15           46. The method of claim 44 wherein the IL-21 polypeptide comprises SEQ ID NO:2.

          47. An article of manufacture comprising  
              (i) a container with one or more unit doses of a pharmaceutical composition comprising an IL-21 polypeptide; and  
              (ii) instructions for administering the unit doses to a subject that has, or is  
20           suspected of having, multiple sclerosis.

          48. The article of 47 wherein the instructions are provided on a label.

25           49. The article of 48 wherein the label is affixed to an external surface of the container.